



# MELISSA SCHEDULE

3031 Washington Dr. Suite 300, Melissa, TX 75454

**MON TUE WED THU FRI SAT**

5-6am Muay Thai Kickboxing	5-6am Muay Thai Kickboxing	5-6am Muay Thai Kickboxing	5-6am Muay Thai Kickboxing	5-6am Muay Thai Kickboxing	
6-7am Adults BJJ All-Levels	6-7am Adults BJJ All-Levels	6-7am Adults BJJ All-Levels	6-7am Adults BJJ All-Levels	6-7am Adults BJJ All-Levels	
					10-11am Kids No-Gi (6-9)
11am-12pm Muay Thai Kickboxing	11am-12pm Muay Thai Kickboxing	11am-12pm Muay Thai Kickboxing	11am-12pm Muay Thai Kickboxing	11am-12pm Muay Thai Kickboxing	11am-12pm Kids No-Gi (10+)
12-1pm Adults BJJ All-Levels	12-1pm Adults BJJ All-Levels	12-1pm Adults BJJ All-Levels	12-1pm Adults BJJ All-Levels	12-1pm Adults BJJ All-Levels	12-1pm Adults No-Gi All-Levels
4:30-5:30pm Kids BJJ (6-9)	4:30-5:30pm Kids BJJ (6-9)	4:30-5:30pm Kids BJJ (6-9)	4:30-5:30pm Kids BJJ (6-9)	4:30-5:30pm Kids BJJ (6-9)	
5:30-6:30pm Kids BJJ (10+)	5:30-6:30pm Kids BJJ (10+)	5:30-6:30pm Kids BJJ (10+)	5:30-6:30pm Kids BJJ (10+)	5:30-6:30pm Kids BJJ (10+)	
6:30-7:30pm Adults BJJ All-Levels	6:30-7:30pm Adults BJJ All-Levels	6:30-7:30pm Adults BJJ All-Levels	6:30-7:30pm Adults BJJ All-Levels		
7:45-8:45pm Muay Thai Kickboxing	7:45-8:45pm Muay Thai Kickboxing	7:45-8:45pm Muay Thai Kickboxing	7:45-8:45pm Muay Thai Kickboxing		
					<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Kids BJJ (5-8)</b> Or 70 lb and under         </div> <div style="border: 1px solid black; padding: 5px;"> <b>Kids BJJ (9+)</b> Or 70 lb and above         </div>

BJJ = Brazilian Jiu-Jitsu

★ **NO-GI WEEK STARTS THE FIRST MONDAY OF EACH MONTH** ★

Times are subject to change. For the most up-to-date schedule, visit us online at [cjjftx.com/melissa-schedule](http://cjjftx.com/melissa-schedule)